

Guide to Reserve Family Member Benefits



Department of Defense



Promoting Peace of Mind for the Families of America's Peacekeepers

Department of Defense

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A Guide to Assist the Families of National Guard and Reserve Members

As a member of a family who has a husband, wife, father, mother, son, daughter, brother or sister who serves in the National Guard or Reserve, you face many challenges when that loved one is performing military service. Whether your loved one is serving in support of a military operation overseas or performing training at the local armory or reserve center, or you simply have a question about your entitlements and benefits, this booklet is designed to help. Although designed to answer the questions a spouse may have, it can be a valuable source of information for all family members.

This booklet provides an overview of military benefits and how to access them, identifies eligibility requirements associated with some entitlements, and, most importantly, lets you know where you can obtain assistance when you have specific questions and problems. Knowing your benefits and how to access them will help you plan for when your spouse or family member is away performing military service.

Because of the geographic dispersion of Guard and Reserve families, it is often difficult to obtain information about your benefits, and in some cases to use them. It may also make it more difficult to access various support services that are normally available at military installations. We are continuously assessing how to improve family support. Technology has allowed us to make many advances, but there is still more that can be done. Rest assured, we want to provide the assistance you need, when you need it. This guide is just one step in that journey.